



# **HAWCs & FITNESS CENTERS - Partners in changing behavior!!**

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# Overview

- **Fitness Master Plan**
- **ACC expectations for Fitness Staff**
- **AFI 34-266 changes**
- **Staff Training**
- **Sports Council Meetings**
- **Collaboration Letter**
- **Challenges**



# Fitness Center

- **Fitness Centers identified as the number one quality of life and retention tool**



# Fitness Master Plan

- **Issue:** Fitness center master plan needed to define and prioritize requirements across the Air Force
- **Background:** Congressional interest prompted QOL funding
  - \$183M allocated for fitness center construction and renovation FY00-05
  - Inserts: Barksdale, Holloman, Dyess, Langley
- **Status:**
  - New facilities: Barksdale(Jun 01), Holloman(Aug 01)
  - In design: Dyess, Langley, Davis Monthan
  - All bases racked and stacked



# ACC PRIORITY LIST

<u>AF Rank</u>	<u>Base</u>	<u>Funding</u>	<u>Cost</u>
12	Mt Home	FY05 QOL	\$5,344M
14	Lajes	FY04 QOL	
			\$3,052M
15	Minot	FY05 QOL	
			\$5,908M
23	Shaw		\$5,811M
29	SJ		\$4,467M
31	Langley	FY01 Insert	
			\$12,180M
36	Moody		\$7,132
41	Nellis		\$10,105
43	Cannon		\$10,014



# ACC PRIORITY LIST

<u>AF Rank</u>	<u>Base</u>	<u>Funding</u>	<u>Cost</u>
49	Whiteman	FY00 QOL	\$1,900M
50	Dyess	FY01 Insert	\$12,813M
54	Beale	FY05 QOL	\$5,253M
62	Ellsworth		\$2,139M
63	Davis-Monthan	FY01QOL	\$7,900M
67	Holloman	FY99 Insert	\$3,612M
70	Barksdale	FY99 Insert	\$3,430M
71	Offutt	\$	826M



# **ACC Expectations for Fitness Staff**

- **Sharp, professional fitness experts**
  - **Staff should be knowledgeable and confident**
  - **Ensure staff has training opportunities**
    - **Don't settle for towel folders, ID checkers**
- **Strive to meet or exceed Golden Eagle Standards**
  - **Cardiovascular/strength training equipment**
  - **Minimum of 15 free core exercise classes**
- **New functional uniform effective 1 May 01**



# **AFI 34-266 Changes**

- **Fitness Program Director**
- **Fitness Monitoring**
- **Equipment Orientations**
- **Fitness Improvement Programs**
  - **Staff training**
  - **Individuals must have priority in FIP classes**





# **Fitness Staff Training**

- **Basic Staff Training**
  - **CPR**
  - **Fitness Fundamentals**
  - **Agency Strength Conditioning Course**
  - **Activity Managers Course (FC Director)**
  - **HAWC supplemental training**
- **Advanced Staff Training**
  - **Cooper's Institute for Aerobics Research**
  - **American College of Sports Medicine**
- **Air Force Exercise Specialist**



# Fitness Fundamentals

- **AFI 34-266 requires attendance at this course within first 6 months of assignment**
  - **Reality: not enough seats to meet AF needs**
- **ACC continues to fund MTT:**
  - **Langley (Jul 00), Mt Home (Aug 00), Barksdale (Sep 00), SJ (Jun01), DM (Aug01)**
  - **Next: Shaw (15-26Oct01), Offutt (29Oct-9Nov01)**
- **Results: 16 people trained at each location**
  - **Reduces deficit of 100 people awaiting seats**
- **This training provides basic knowledge skills in weight/cardio machines, fitness concepts**



# Sports Council Meetings

- **Fitness Centers are required to hold Sports Council Meetings at least quarterly**
  - **Attendees should include representations from every squadron**
  - **Great opportunity to share latest information**
  - **Highly recommend FPM attends meeting to share HAWC programs, Ergo updates, etc.**



# **HAWC & Fitness Center Collaboration Letter**

- **Gen Eberhart's 2 Mar 99 letter outlined a plan**
  - **Implementation instructions designed to enhance HAWC & FC synergy**
  - **Collaboration between HAWC/FC key to provide customers with sound exercise knowledge**
  - **Training outline provides necessary ongoing training sessions to raise FC staff level of understanding**



# Challenges

- **Rotation, PCS, deployments, ownership**
- **Feedback from ACC bases mentioned the following challenges:**
  - **Augmenting HAWC 2 hrs weekly in body fat measurements (# male vs female designees)**
  - **Need positive communication**
  - **Use Training Outline + local fix = win/win for all**



**ACC**



**SERVICES**

***Combat Support and Community Service***

